

PRP INJECTIONS

PRP (PLATELET-RICH PLASMA) injections are used to treat a number of common orthopedic problems. PRP is a concentration of platelet cells found in your blood which have growth factors that may help in the healing process of chronic injuries. When these growth factors are injected into a chronically injured area, we hope to stimulate your body's ability to heal the area by restarting the healing process.

WHY DOES PRP WORK?

Human platelets are naturally rich in connective tissue growth factors. Injecting these growth factors into damaged ligaments and tendons stimulates a natural repair process. In other words, PRP recreates and stimulates the body's natural healing process. In order to benefit from these natural healing proteins, the platelets must first be concentrated.

WHAT CONDITIONS BENEFIT FROM PRP?

PRP treatment works best for chronic ligament and tendon sprains or strains that have failed other conservative treatment, including:

- Lateral and medial epicondylitis of the elbow
- Hamstring tendinosis
- Gluteus medius/minimus tendinosis
- Patellar tendinosis
- Achilles tendinosis
- Plantar fasciosis
- Osteoarthritis

HOW IS PRP PERFORMED?

In the clinic, blood is drawn from the patient and placed in a special centrifuge, where the blood is spun down. The platelets are separated from the red blood cells and concentrated. The red blood cells are discarded, and the resulting platelet concentrate is used for treatment. While the blood is spinning in the centrifuge, the painful area is injected with lidocaine for numbing.

The entire treatment, from blood draw to solution preparation to injection, takes 30-40 minutes.

HOW OFTEN ARE INJECTIONS GIVEN?

After the initial treatment, a follow-up visit is scheduled 6 weeks later. Most patients respond well to just one treatment. However, additional treatments may be desired in some cases.

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DO PRP INJECTIONS HURT?

Because the injured area is first anesthetized with lidocaine, the actual injections are only slightly uncomfortable. The lidocaine wears off in a few hours, and there is usually mild to moderate pain for the next few days. Because we are restarting the healing process, some people may have increased pain for approximately a week after the injection. Then, over the next 5-6 weeks as the area goes through the healing process, symptoms improve. Some clinical trials are noting ongoing improvement up to 5-6 months after the PRP injection.

DO I HAVE ANY RESTRICTIONS AFTER THE PRP INJECTION?

For the first 6 weeks after the injections it is recommended to avoid anti-inflammatory medications (eg. Advil, Motrin, ibuprofen, Aleve or Celebrex). These will interfere with the healing response. Tylenol (acetaminophen) is allowed. Your physician may also prescribe pain medication.

Your doctor will discuss any physical activity restrictions you may have following an injection.

ARE THERE RISKS WITH PRP?

Any time a needle is placed anywhere in the body, even getting blood drawn, there is a risk of infection, bleeding, and tendon and nerve damage. However, these are rare. Other complications, though rare, can occur depending on the area being treated and will be discussed by your physician before starting treatment.

WHAT IS THE SUCCESS RATE?

Overall success of the procedure is dependent on your initial diagnosis. Some patients experience complete relief of their pain.

IS PRP COVERED BY INSURANCE?

PRP injections are not covered by most insurance plans in the state of Minnesota. A charge of **\$900** is required for the treatment at the time of the appointment.